

## TIMETABLE 2021

PRIVATE HEALTH REBATES AVAILABLE | BOOKINGS ARE ESSENTIAL!

MON	TUE	WED	THU	FRI	SAT
	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM	STRENGTH & MOBILITY 7:30 AM
STRENGTH & MOBILITY 8:15 AM		STRETCHING 8:15 AM		STRENGTH & MOBILITY 8:15 AM	ADVANCED STRENGTH & MOBILITY 8:15 AM
	MOVE WITH A MISSION 10:15 AM	PD 9:00 AM	FIGHTING FATIGUE 10:15 AM		LET'S GET FUNCTIONAL 9:00 AM
SENIOR HEALTH & FITNESS 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	SENIOR HEALTH & FITNESS 12:30 PM	
	ALL ABOUT BALANCE 1:15 PM		PD 3:00 PM		
	LET'S GET FUNCTIONAL 4.30 PM		LET'S GET FUNCTIONAL 4.30 PM		
STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM	STRENGTH & MOBILITY 5:15 PM		
	CIRCUIT 6:00 PM		STRENGTH & MOBILITY 6:00 PM		

STRENGTH & MOBILITY	45-minute low impact session building on core strength and control, and flexibility
ADVANCED STRENGTH & MOBILITY	45-minute low impact session building on more challenging exercise for core strength and control, and flexibility
SENIORS HEALTH AND FITNESS	45-minute class especially designed for 50+ years of age consisting of individualised programs to achieve personal goals
ALL ABOUT BALANCE	45-minute session consisting of a fun circuit style class working on strength and balance
LET'S GET FUNCTIONAL	45-minute class consisting of individualised programs to achieve personal goals
CIRCUIT	45-minute higher intensity session consisting of challenging functional exercises
PD	45-minute session design for people diagnosed with Parkinson's Disease
STRETCHING	45-minute relaxing class consisting of stretches and mobility exercises for the whole body
FIGHTING FATIGUE	45-minute class for fatigue management of chronic health conditions and individuals undergoing cancer interventions
MOVE WITH A MISSION	45-minute class designed for veterans and their individual goals

## BOOKINGS 07 4724 0768

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# Everything you need to know...

## Strength and Mobility Group

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

This group is designed for our beginners and is capped at 6 people per group. It is our most popular group, so bookings are essential. With tailored exercises designed by our physiotherapists and exercise physiologist, your injuries and concerns will be well looked after. This group is a low impact session building on core strength and control, and flexibility. After 30 mins of our strength exercises, you will enjoy 15 mins of stretching and rolling.

## Senior's Health and Fitness Group

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

The seniors exercise group is designed for the over 50's who want more appropriate exercises and advice for their goals, taking into consideration current injuries and conditions. It is a small supportive group that promotes healthy lifestyle and works to improve general fitness, muscular strength, and joint mobility. This group is also capped at 6 people.

## Advanced Strength and Mobility Class

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

Advanced Strength and Mobility class is for our patients who want more of a challenge. The sessions are still tailored around your needs while providing more advanced exercises. Advanced Strength and Mobility class is capped at 8 people per class.

## Circuit Class

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

The circuit class is designed to be for our patients who are looking for a higher intensity workout. This class will consist of strength, cardio and functional exercises. It is the perfect class to start challenging yourself in a safe environment. Circuit class is capped at 8 people per class.

## Let's get Functional Class

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

Let's get functional is for all ages who are looking for individualised exercises and advice for their goals, taking into consideration current injuries and conditions. With a strong focus on improving general fitness, muscular strength, balance and joint mobility. This group is capped at 6 people.

## All about Balance Class

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

All about balance is a class designed for those who are seeking help and guidance with their balance. This will consist of a fun circuit style class working on strength and balance. All about balance is capped at 8 people per class.

## PD Group

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

PD group is an exercise class specifically designed to help individuals with Parkinson's disease move better. The exercises encourage large amplitude and powerful movements as well as challenging strength and balance. This group is capped at 5 people.

## Stretching

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

Stretching is a class for those wanting to improve flexibility. A great way to help with aches and pain caused from general tightness in the body. The duration of the class is 45-minutes and will involve some use of equipment depending on your needs such as trigger point ball, foam roller and stretching bands. This class is capped at 10 people.

## Fighting Fatigue

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

Our fighting fatigue class is made for those wanting a gentle return to physical activity. This class is for fatigue management of chronic health conditions and individuals undergoing cancer interventions. The duration of the class is 45-minutes. Fighting fatigue class will consist of also preventing pain and injury, core strength and achieving strength and flexibility.

## Move with a Mission

45 mins | Casual Visit: \$30 | Purchase pack! Only \$25 per session

Move with a Mission is a class for veterans who will be provided with an individualised exercise program. This will take into consideration injuries and goals. The class will be capped at 8 people.

## Why choose our packs?

- Only \$25 per session
- Your spot will be guaranteed! You can book all the sessions you would like to attend as soon as you purchase the pack
- Easier for you to claim your private health with one invoice
- Encouragement for you to exercise regularly!

**All group and class bookings require prepayment.**  
Additional discounts do not apply to group and class prices.

**Cancellation Policy:** Please inform us at least **24 hours** before the session if you cannot attend. We will rebook your session if there is a place in another group. If you do not inform us or do not attend the session, we will charge you the full fee for the session. It will either be taken from your pack or your prepayment will be used. 4-session pack has 1-month expiry. 10-session pack has 3-month expiry.

Please note that groups have a limited number of participants and **bookings are essential**. If you cancel the booking another person can take your spot in that group.